AMENDMENTS TO THE CLAIMS

This listing of claims will replace all prior versions, and listings, of claims in the application:

Claims 1 - 4 (Canceled).

Claim 5 (New): A vehicle shock absorber having first and second ends, said shock absorber comprising:

Opposing first and second walls;

Said first wall disposed apart from said second wall;

A shock receiving surface at said first end connecting said first and second walls;

A plurality of recessed groves spaced substantially equally disposed in said first and second walls, and substantially perpendicular to said shock receiving surface; and Said recessed groves extending from said shock receiving surface to said second end.

Claim 6 (New): The vehicle shock absorber according to claim 1, wherein a first recessed grove disposed in said first wall is opposed to a section of said second wall disposed between adjacent second and third recessed groves disposed in said second wall.

Claim 7 (New): The vehicle shock absorber according to claim 1 further comprising: semi-arc notches formed in said shock receiving surface by said recessed groves; and a parting line, disposed between semi-arc notches formed by recessed groves disposed in said first wall and semi-arc notches formed by recessed groves disposed in said second wall.

Claim 8 (New): The vehicle shock absorber according to claim 1 wherein said vehicle shock absorber is configured to be interposed between a bumper beam and a bumper facia, such that said shock receiving surface is disposed proximate to said bumper facia.

Claim 9 (New): The vehicle shock absorber according to claim 1 further comprising first and second peripheral walls connecting said first and second walls.

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Claim 10 (New): The vehicle shock absorber according to claim 1 wherein said vehicle shock

absorber is manufactured by blow molding.

Claim 11 (New): The vehicle shock absorber according to claim 1 wherein said vehicle

comprises a thermoplastic.

Claim 12 (New): The vehicle shock absorber according to claim 7 wherein said thermoplastic

has a bending elastic modulus between 800 and 2500 MPa.

Claim 13 (New): The vehicle shock absorber according to claim 7 wherein said thermoplastic is

selected from the group of thermoplastic consisting of polypropylene, polyethylene, polyolephin,

and alloys thereof.

Claim 14 (New): The vehicle shock absorber according to claim 1 wherein said shock receiving

surface has a first edge joined to said first wall, and a second edge joined to said second wall; a

distance between said first edge and said second edge being not greater than a length of said first

edge.